

Mental Health Recovery in the Highlands and Islands – what's needed?

A groundbreaking event will take place on Thursday 20th March when representatives from a wide range of organisations meet to consider how best to support mental health recovery in the Highlands and Islands. With mental health problems becoming increasingly common in our society, this conference will ask users and providers of support services to identify what is crucial to delivering an effective recovery service.

Setting the scene will be Alex McMahon, Head of Mental Health Delivery and Services Unit, Scottish Government. He will provide the national overview and chair the day. Another key speaker is Simon Bradstreet, Director of the Scottish Recovery Network. The Network was launched in 2004 and is involved in awareness raising, researching needs and building capacity for recovery.

As well as professionals, the conference will also hear from users of recovery services, including the Highland Users' Group. This will lead into round table discussions on what would improve recovery services in the Highlands and Islands.

The day is suitable for health and care professionals, policy makers, users and carers. It will take place in Aviemore Highland Resort and to register your interest, please contact Solas Business Services on 01599 534999 or online at www.solas-events.co.uk or rachel@solas-biz.co.uk.

Ends:

For further information, please contact Emily Stokes at Birchwood Highland at:

Emily.Stokes@birchwoodhighland.org.uk or telephone: 01463 236507.

Birchwood Highland is a Highland charity and voluntary organisation existing to provide high quality care, support and other services that promote independence, inclusion and recovery. Most people using Birchwood Highland's services have a mental health issue. Some people have a learning disability, a dementia or an addiction.

The Minister for Public Health, Shona Robison, will be officially opening the Highlands' first recovery centre – Birchwood Highland Recovery Centre in Inverness, just days before this conference.

For more information on Birchwood Highland, please visit our website at:

www.birchwoodhighland.org.uk